



भारतीय विमानपत्तन प्राधिकरण  
AIRPORTS AUTHORITY OF INDIA

No. AAI/SPB-CHQ/All India Trekking/2017/

Date: 03 Aug 2017

To,

The Regional Executive Director & The President (RSCB)  
Northern /Eastern /Southern/ Western/ North-Eastern Region  
Airports Authority of India  
Delhi /Kolkata / Chennai / Mumbai / Guwahati

The Airport Director & President (ASCB),  
Airports Authority of India  
Kolkata/ Chennai Airport  
Kolkata / Chennai

The Principal & President, SPB  
Airports Authority of India  
CATC, Bamrauli, Allahabad

**Subject: - AAI all India Trekking Expedition-2017 to Hampta Pass (14,100ft.) in Kullu valley & Lahaul- Spiti Valley of Himachal Pradesh in Pir-panjal Range of Himalayas from 11.09.17 to 20.09.17 (in three groups)**

Sir,

The Sports Promotion Board, CHQ is organizing a "Trekking Expedition to Hampta Pass (14,100ft.) in Kullu valley & Spiti Valley of Himachal Pradesh in Pir-Panjal Range of Himalayas from 11.09.17 to 20.09.17 (in three groups).

***Hampta Pass** lies at an altitude of 4270 m (14100 ft) in the **Pir Panjal** range in the **Himalayas**. It is a small corridor between **Lahaul** and **Kullu** valley of **Himachal Pradesh, India**. Numbers of wild flowers and herbs grow at the altitude between 3000 to 3800 m. Vertical rocks walls, waterfalls, hanging glaciers, tiny lakes, peaks rising above 6000 m are main characteristics of this trek. People need a proper guidance to cross certain glaciers. On completion of trekking, participants will come back from Chhatru/Chandratal (Blue moon lake) to manali via Rohtang Pass.*

This is a high altitude expedition, hence the eligibility criteria for participation is that the participants shall have sound health and proper physical fitness/stamina. Fitness of participants may be checked at the reporting camp during acclimatization program. Unfit candidates will not be permitted to proceed further for trekking expedition. They may be relieved immediately from the expedition. It is therefore, the Secretaries of RSCBs/SCBs shall ensure the fitness of participants for nomination for this expedition.

Seat allocation for the different RSCNs/ASCBs/SPBs is in accordance with the AAISCBs' letter no. AAI/SCB/AM/2017 dated 21<sup>st</sup> April 2017, is as under:

15 each from RSCB NR/WR; 11 each from RSCB SR/ER/NER; 09 each from ASCB Chennai/Kolkata; 8 for SPB-CHQ and 06 for SPB-CATC. Employees who had never done earlier expeditions should be preferred.

Entry fee: - **Rs.2500/-** (non-refundable) per participant (all the boards are to collect the fee followed by online transfer to the SPB-CHQ account; individual participant need not deposit in the account of SPB-CHQ).

You are requested to send the final nominations from your region/station, along with their applications, medical certificates, disclaimer etc., through proper channel to the Secretary, SPB-CHQ and a copy to Shri Sunil Bagoria, Manager (CNS) at [sunilbagoria@aai.aero](mailto:sunilbagoria@aai.aero) by **14/08/2017**. (By email scanned copy).

Encl: Application form, medical form, trekking itinerary and seat allocation chart.

Yours faithfully

(M Suresh)

GM(IT) & Vice-President  
Sports Promotion Board, CHQ

Copy to: -

1. The PS to ED (Admin) for information please.
2. webca - with a request to upload this letter on the AAI's website and cfm action, please.



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Airports Authority of India

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Airports Authority of India  
Sports Promotion Board, CHQ

**Application cum Willingness form for AAI all India Trekking Expedition 2017 to Hampta Pass (14,100ft.) in Kullu & Spiti Valley of Himachal Pradesh in Pir-Panjal Range of Himalayas from 11.09.17 to 20.09.17**

(Group 1/ Group 2/Group 3)  
(Please tick the group No.)

Paste self  
attested  
passport size  
photograph

1. Name : .....
2. Designation : .....
3. Employee No. : .....
4. Male / Female : .....
5. Place of posting : .....
6. Region : .....
7. Date of Birth : .....
8. Emergency Contact detail : Name: ..... Contact No. ....
9. Kit size : Track Suite Size:- ..... T-Shirt Size: .....  
Small (36) / Medium (38) / Large (40)/ Extra Large (42)/ Extra Extra Large (44)

**Undertaking**

I ..... S/o / D/o / W/o .....  
Employee No..... R/O .....  
..... is willing to participate in the Trekking Expedition to  
Hampta Pass (14,100ft.) in Himachal Pradesh w.e.f. 11.09.17 to 20.09.17.

Signature of the applicant : .....  
Name of the Applicant : .....  
Designation : .....  
Place of Posting : .....  
Mobile / Contact No. : .....  
(Prefer whatsapp mobile no.)  
Official Email ID : .....

Recommended by HOD/APD : .....

Regional Secretary/President, RSCB/SPBs/ASCB:- — — — — — — — — — —

**Personal Medical Record**

**Personal details**

Name: \_\_\_\_\_ S/D/W of : \_\_\_\_\_

Age: \_\_\_\_\_ Height in meters: \_\_\_\_\_

Weight (in Kg): \_\_\_\_\_ BMI (Kg/meter<sup>2</sup>): \_\_\_\_\_

Official Email ID : \_\_\_\_\_ Mobile No.: \_\_\_\_\_

{ How to calculate BMI :

BMI = X Kg / (Y mtr x Y mtr) where X is weight in Kg and Y is height in meters.

or Body weight in Kilogram divided by height in meters squared}

1. Do you have any previous exposure to high altitude treks? (If yes, please mention the name of the trek and altitude gained).

	Name of Trek	Year	Altitude gain (Ft)
i.	_____	_____	_____
ii.	_____	_____	_____
iii.	_____	_____	_____

2. Did you encounter any health related problems on your previous trek?

.....  
.....

3. Any previous illness- Past 3 months (mention the nature and duration of illness)

\_\_\_\_\_  
\_\_\_\_\_

4. Any previous injuries- past 6 months (accident/sprain/fracture etc)

\_\_\_\_\_  
\_\_\_\_\_

Present condition: \_\_\_\_\_

5. Any operation undergone-past 6 months (mention the nature and result of operation)

\_\_\_\_\_  
\_\_\_\_\_

6. Are you under medication of any kind? If yes please mention details and medicines being taken

\_\_\_\_\_

7. Do you have any drug allergies?

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8. Do you have any history of breathlessness (yes/No)? .....

9. Do you have any history of chest pain (yes/no): .....

10. Have you ever suffered from Asthma or pleurisy (yes/no) : .....

11. Any history of Giddiness or fainting attacks (yes/ no) : .....

12. Any history of Epilepsy or any other fits (yes/no): .....

13. Any history of Palpitations (yes/no) : .....

14. Any history of Dysentery or Jaundice (yes/no) : .....

15. Any history of recurring pain in the abdomen (yes/no) : .....

If there is any other information related to your health that would be useful to us in the case of emergencies, please mention them below:-

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I \_\_\_\_\_ certify that the information mentioned above is true and correct to the best of my knowledge. I have not hidden any medical condition and have disclosed all my medical information to Airports Authority of India which will be useful to them in the case of any emergency.

Place: .....

Date: .....

Signature : .....

Name : .....

Designation : .....

Employee No.: .....

Station : .....

Mobile No. : .....

**Disclaimer and Declaration**

**(To be filled in by the participant)**

The Hampta Pass Trek route in the Himalayas has its share of risks and dangers, especially with respect to the terrain, weather, high altitude and desolate nature.

On a trek, altitude related issues / accidents can cause one to fall ill, get injured or may even lead to death.

I hereby declare that my participation in this trek is completely voluntary, and I am fully aware of the risks involved. I will not hold Airports Authority of India wholly or partly responsible in case of any accident, illness, injury or death on the trek.

**Signature** : .....  
**Name** : .....  
**Designation** : .....  
**Emp. No.** : .....  
**S/D/W of** : .....  
**Place** : .....  
**Date** : .....

**Emergency Contact Information**

(Enter the details of the emergency contact – family member only)

Name: ..... Relationship: .....

Mobile No..... Landline : .....

**Green Pledge**

I ..... Promise to be a responsible trekker and leave the mountain trails in a better condition than I find them. I will not pollute the trails, camp sites or water bodies. I will bring back “all” my own waste. As my contribution to leave the trail in a better condition, I will participate in activities to undo damage done by others to the environment.

**Name:** ..... **Signature:** .....

**Medical Certificate**

**(To be filled in by a registered medical practitioner only)**

Paste passport size photograph duly attested by Medical practitioner

Participant's Name : .....  
 Age: ..... Blood Group: .....  
 Height (Mt) : ..... Weight (Kg) : .....  
 BMI : .....

Medical Conditions	Comments
Does the participant suffer from any chronic disease: If Yes, please mention details.	
Is the participant under medication of any kind? If yes, please mention the details	
Respiratory rate at rest	
Blood Pressure reading	
Overall physical fitness	
Any drug allergies	
Any other information related to the health of the participants that would be useful in emergencies.	

I have medically examined Mr. / Ms ..... on (date) ..... and found him/her fit to undergo a trekking expedition in the high altitudes of Himalayas.

As per history and clinical examination he/she is not suffering from any chronic disease or any other ailment that can be a deterrent to a trekking expedition.

In my opinion Mr./Ms. \_\_\_\_\_ Whose signature is given below is fit to undergo above course.

Signature of Applicant

Signature of Medical Officer with seal

<b>REGISTRATION NUMBER OF THE COUNCIL</b>																			
<b>Dated</b>																			
<b>PLACE</b>																			
<b>TEL/Mob. No.</b>																			

## About Hampta Pass

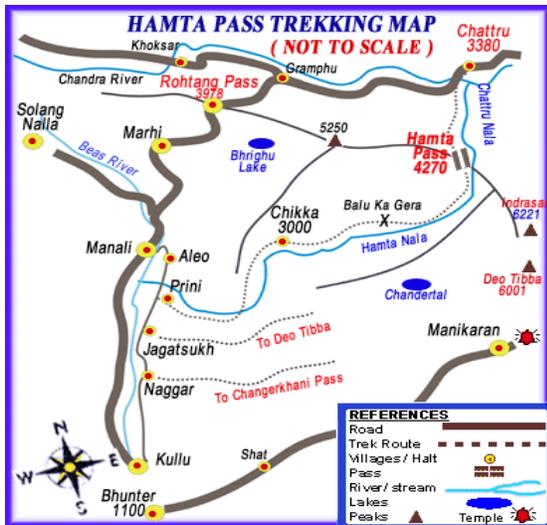
**Hampta Pass** lies at an altitude of 4270 m (14100 ft) in the **Pir Panjal** range in the **Himalayas**. It is a small corridor between **Lahaul** and **Kullu** valley of **Himachal Pradesh, India**. This pass is frequently used by shepherds of lower Himalayan region, seeking for high altitude grassland in the dry cold desert of Lahaul during summer time. Numbers of wild flowers and herbs grow at the altitude between 3000 to 3800 m. Vertical rocks walls, waterfalls, hanging glaciers, tiny lakes, peaks rising above 6000 m are main characteristics of this trek. People need a proper guidance to cross certain glaciers. On completion of trekking, participants will come back from Chhatru/Chandratal (Blue moon Lake) to Manali Base Camp via Rohtang Pass.

Hampta pass is a **moderate trek**. Though there aren't any sections that require technical expertise, the terrain is quite rocky and undulated. The **pass crossing day** requires you to trek for 9 hours. This can be physically demanding. The **descent to Shea Goru** is steep and can take a toll on your knees. All of this requires participants to have decent amounts of **endurance, sound health and good physical fitness & stamina** when you begin the trek.

DIFFICULTY LEVEL: Moderate-cum-difficult

HIGHEST ALTITUDE: 14,035 ft

AVERAGE TEMPERATURE: Day time: 13°C-18°C; Night time: 0°C-7°C



## How to reach at reporting Point in Manali

Reporting Point: Himalayan Adventures & Trekking Expedition Centre (HATEC) Camp in Village Larankelo in Naggar, 20 km prior from Manali on Kullu-Naggar-Manali National Highway.

**Delhi to Manali** - Manali is well connected by road to Delhi. Take an overnight bus from Delhi and you will reach Manali in 12 - 14 hours. Tickets can be booked online at [www.redbus.in](http://www.redbus.in) or [www.hrtc.gov.in](http://www.hrtc.gov.in). Tip: Since Delhi Manali is a long journey most Volvo private buses leave Delhi between 5 pm and 6 pm. The last Govt bus leaves at 8.30 pm from ISBT Kashmere Gate.

**Manali to Delhi** : - Like the onward journey, buses leave from Manali to Delhi between 4 and 5 p.m. Your tentative arrival at Delhi may be anywhere between 6 a.m and 10 a.m. Plan your onward journeys only post noon giving enough buffer for bus delays.

## AAI all India Trekking Expedition 2017 to Hampta Pass in Hamachal Pradesh

### Date wise schedule of Trekking Expedition & seat allocation for constituent Boards

Sr.No	Group No.	Reporting at HATEC Camp* in Kullu by 11:00 hrs	Relieving from Manali	RSCB-NR	RSCB-WR	RSCB-SR	RSCB-ER	RSCB-NER	ASCB-Chennai	ASCB-Kolkata	SPB-CHQ	SPB-CATC	Total
1	I	11.09.17	18.09.17	5	5	3	4	4	3	3	3	2	32
2	II	12.09.17	19.09.17	5	5	4	3	4	3	3	3	2	32
3	III	13.09.17	20.09.17	5	5	4	4	3	3	3	2	2	31
	Total			15	15	11	11	11	9	9	8	6	95

\*HATEC Camp – Himalayan Adventures Trekking & Expedition Centre, in Larankelo village in Naggar on Kullu-Naggar-Manali National Highway.

### Program Itinerary

Day	Program	Remarks
<b>Day 0</b>	Reporting of advance team at base camp for necessary arrangements	
<b>Day 1</b>	Reporting of Participants Acclimatization walk (6 KM)	Reporting of Participants at Base Camp in Manali by 11:00 AM; Lunch by 01:00 PM – 02:00 PM; Briefing about the program, Acclimatization Program Dinner 08:00 PM Night stay in Base Camp
<b>Day 2</b>	Acclimatization Program Adventure activities Lecture on Mountaineering Terms	Acclimatization program cum Fitness Checkup Adventure activities like Rock craft & River Craft Lecture on Mountaineering Terms Shifting from Camp site to Hotel in Manali
<b>Day 3</b>	Inauguration & Flag-off Ceremony Drive to Jobra Village Trek to Chika/Jwara Camp site	Yoga & Exercise (Daily) Inauguration & Flag-off Ceremony Drive to Jobra (2 Hrs) Packed Lunch at Jobra; 6 KM trek to 1 <sup>st</sup> Camp site i.e. Chika/Jwara (9,800 ft)
<b>Day 4</b>	Trekking from Chika/Jwara to Balu ka Gera Camp site	8 KM Trek from Chika/Jwara Camp (9,800) to Balu ka Gera (12,411 ft) camp site;
<b>Day 5</b>	Trekking : Balu Ka Gera – Hampta Pass - Shea Goru	10.6 KM Trek from Balu Ka Gera (12,411 ft) to Shea Goru (12,254 ft) via Hampta Pass (14, 35 ft), 9 hours
<b>Day 6</b>	Trek from Shea Goru to Chhatru Drive to Chandrataal*	7 KM Trek from Shea Goru (12,254 ft) to Chhatru (10,898 ft); Drive to Chandrataal* from Chhatru. <i>The excursion to Chandrataal will be dependent on weather/ road conditions.</i>
<b>Day 7</b>	<i>Drive from Chandrataal/Chhatru to Manali via Rohtang Pass.</i>	<i>Drive from Chandrataal/Chhatru to Manali via Rohtang Pass. *You are expected to reach Manali at 6 pm. If the excursion is cancelled, you are expected to be in Manali by 4 pm.</i>
<b>Day 8</b>	<i>End of the program and relieving of participants after breakfast</i>	<i>End of the program and relieving of participants after breakfast</i>

**PERSONAL ARTICLES MANDATORY TO BRING WITH YOU FOR THE TREKKING EXPEDITION**

SR.NO	NAME OF ITEM	QUANTITY	Check
1.	TRACK SUIT	01 set	✓
2.	GLOVES	02 Pairs.	✓
3.	TREKKING SHOES (Hunter shoe) : Carry trekking shoes and not sports shoes. The trail will be slippery at several places and will require shoes with good grip and ankle support	01 Pair.	✓
4.	WATER BOTTLE	01 No.	✓
5.	SUN HAT /CAP	01 No.	✓
6.	SNOW GOGGLES / SUN GLASSES	01 No.	✓
7.	SUN BLOCK CREAM	01 No.	✓
8.	WARM PULLOVER	01 No.	✓
9.	WRITING MATERIAL	As required	✓
10.	WOOLEN SOCKS	03 pairs	✓
11.	STEEL MUG	01	✓
12.	SPOON	01	✓
13.	WARM UNDER GARMENTS	As required	✓
14.	TORCH (with spare batteries)	01 No.	✓
15.	CAMERA/BINOCULAR/Stick	optional	
16.	Cotton Shirts	02	✓
17.	Pants	02	✓
18.	Full sleeves sweater	02	✓
19.	Wind Cheater	01	✓
20.	Sleepers	01 pair	✓
21.	Towel (light weight)	01	✓
22.	Pocket Knife	01	✓
23.	Light weight Rain Coat /Poncho (May be provided by SPB-CHQ)	01	✓
24.	Sewing Kit		✓
25.	<b>Plastic covers:</b> While packing, use plastic bags to compartmentalize things and carry few extra plastic bags for wet clothes.		✓
26.	<b>Toiletries:</b> <u>Sunscreen</u> , moisturizer, light towel, lip balm, toilet paper, toothbrush, toothpaste, hand sanitizer. If you plan to use wet wipes to clean up after a trek, make sure you do not leave the used wipes/tissues back in the mountains since these are not biodegradable. The same holds for used sanitary napkins. <b>Carry a zip lock bag to put used tissues and napkins.</b> Bring this zip lock bag back with you to the city and <b>do not dispose wet tissues and sanitary napkins in the mountains.</b>		

**Mandatory Personal Medical Kit**

- |  |   |
|--|---|
| 1. Diamox – 10 tablets (to prevent AMS)            | 12. Omez/ Rantadine – 10 tablets (antacids) |
| 2. Dexamethasone – one strip                       | 13. Crepe bandage – 3 to 5 meters           |
| 3. Nifedipine – 5 tablets                          | 14. Gauze – 1 small roll                    |
| 4. Crocin – 6 tablets (fever)                      | 15. Band aid – 10 strips                    |
| 5. Avomine – 4 tablets (motion sickness)           | 16. Cotton – 1 small roll                   |
| 6. Avil 25mg – 4 tablets (allergies)               | 17. ORS – 10 packets                        |
| 7. Combiflam – 4 tablets (Pain killer)             | 18. Betadine or any antiseptic cream        |
| 8. Disprin – 6 tablets (headache)                  | 19. Moov spray (aches, & sprains)           |
| 9. Norflox TZ & Lomofen– 6 tablets each (diarrhea) | 20. Dusting powder – 1 packet               |
| 10. Digene – 10 tablets (acidity)                  |   |
| 11. Domperidone – 6 tablets (vomitting)            |   |

## Mandatory Documents

Please carry the below documents. Document two and three need to be downloaded (PDF), filled in, signed and handed over to the trek leader at the base camp.

- Original and photocopy of government photo identity card- (driving license, voters ID, etc.)
- Original and photocopy of Official Identity card
- Two colored passport size photographs
- Medical Certificate and Disclaimer (to be filled by the Participants)
- Medical certificate (to be filled by a doctor) – Original
- Relieving Order from respective station of posting

## Dos and Don'ts

- ✓ Participants shall maintain good physical fitness before the trekking and to wear good quality trekking shoes.
- ✓ Make sure you follow footsteps of your trek leader & do not deviate from the trek path.
- ✓ Sleep early and wake up early.
- ✓ Carry two bottles of water. Drink water at regular intervals in little amounts.
- ✓ Do wear a cap if it is sunny. Use sunglasses only when you rest, not while trekking especially when negotiating difficult climb.
- ✓ Do not use ear/head phones and mobiles while trekking. Use them only during rest period.
- ✓ Do not try to compete with fellow trekkers while trekking. Do not allow your heartbeat to increase beyond some limits. This may cause giddiness, fainting etc. Remember, you are not in a competition but only a participant. So enjoy the trek, nature and your company.
- ✓ Do not jump/run over rock patches. Keep gentle footsteps. Keep slow, small and baby footsteps while descending. Remember, any injury/incident/ accident to you will spoil the spirit of the entire team.
- ✓ No smoking and No consumption of alcohol during trekking.
- ✓ No Photography of villagers without their permission.
- ✓ No usage of Perfume/ body spray till the end of trekking programme. Usage of these items may cause honeybee attacks.
- ✓ Understand the safety equipments properly and make yourself confident on them.
- ✓ Compulsorily wear safety equipments, helmets as and when required. Follow the instruction of the team leader very strictly.
- ✓ Follow the safety instructions of the group leader and use safety equipments as per the directions without any hesitation.
- ✓ Do not stay/walk very closer to your co-trekkers while walking on the risky portions and Photography here only with the permissions of the group leader.
- ✓ Finally, do not litter. Keep nature clean. Instead collect any plastic waste found en-route and handover it to base camps.
- ✓ Follow the above instructions very strictly.

## Trek Leaders & Coordinators

As the Hampta Pass lies at an altitude of 4270 m (14100 ft) in the Pir Panjal range in the Himalayas. Vertical rocks walls, waterfalls, hanging glaciers, tiny lakes, peaks rising above 6000 m are main characteristics of this trek. It is therefore People need a proper guidance & support of experienced trek leaders to cross certain glaciers. It is a great pleasure to us that AAI has many officials, who have undergone Basic Mountaineering Course from India's prestigious Mountaineering Institutes. Some of them have undergone Advance Mountaineering Course, Rescue & First-Aids course too. They are well experienced mountaineering trekker and conducted so many trekking expeditions successfully.

In this trekking expedition, SPB-CHQ will call these officials/Team leaders to provide their essential guidance & support to the participants and conduct this trekking expedition successfully.